

# The EnergyBody Program



Shift Your Frequency.  
Tune Into a New Reality.

*2015 Website Program Description*

The Monroe Institute® presents EnergyBody – a 5-day/6-night exploration of the energy that you are. Knowledge of yourself as energy – along with the tools you'll gain in the program, allow you to create the life you yearn for. Discover how to **activate** and **increase** your energy to **create vibrancy** and **vitality** in all aspects of your life.

Integrating state-of-the-art Hemi-Sync® technology with energy-enhancing exercises and guided out of body meditation techniques, you will explore **travelling to expanded dimensions of reality**.

**Learn to activate your personal energy/consciousness system. Access your infinite potential.**

**I AM READY TO EXPLORE!**

Created by TMI Trainer and Energy Healer Patty Ray Avalon, this unique program empowers you with the ability to increase and manage your personal energy. Discover how to make **positive shifts in your life** in the form of better health, vitality, financial abundance, quality relationships, clarity, and more!

**Learn energetic tools and techniques to create more success, joy and personal power. Discover life-changing methods to:**

- Activate and focus your energy
- Remove imbalances and blocks
- Release stuck emotional energy
- Shift into empowered states for manifesting your desires
- Create vibrancy and vitality in your body
- Tune up your chakras
- Manage your energy



## Experience Your Limitless Self by experiencing your personal source of unlimited energy.

Our EnergyBody Program is an incredible way to discover how to ***tap into your potential*** as an energetic being. This transformational experience is only offered once this year and will undoubtedly fill up quickly. We highly recommend **reserving your space in advance**.

**I AM READY TO EXPLORE!**

**Your Guide for this Exploration: Patty Ray Avalon**



Patty Ray Avalon is creator and lead trainer of The EnergyBody Program. She is a highly talented artist, healer, energy worker, and teacher of consciousness enhancing techniques. Patty is a graduate and former faculty member of the Barbara Brennan School of Healing and has been a Residential Trainer at The Monroe Institute for over fourteen years. She created over 35 Hemi-Sync exercises through Monroe Products and continues to facilitate programs every year.

## **Your Facility for this Journey: The Monroe Institute**



TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have journeyed to our facilities

looking to expand their consciousness and discovering many of the answers to the life's mysteries along the way.

**A *shift* in your energetic frequency can have an *instant* and *dramatic* impact on every aspect of your life. Benefits of raising your vibration and feeling higher and finer energy can help you in:**

- Awakening your consciousness
- Heightening your intuition
- Accessing greater creativity
- Awakening your consciousness
- Gaining inner wisdom
- Rejuvenating your body, mind and spirit



**Activate Your Energy Body. Awaken to Your Highest Potential.**

**I AM READY TO EXPLORE!**

**Don't take our word for it. Here are what our past participants have to say about their experience with us.**

*"My whole view of life has changed from all that I have learned from TMI. Thank you." ~ Ann Leonard*

*"Patty is an excellent course leader. She combines experience, wisdom , and professionalism with genuine love and caring for participants. She is awesome."*

*~ Betty S.*

*"This workshop was my introduction to Monroe's work. Patty helped create a climate of warmth and openness that served our group. It was fun, surprising, loving and incorporated so much wisdom and knowledge. I loved it!" ~ Priscilla*











## **Our unique 5-night/6-day all-inclusive EnergyBody Program offers:**

- Daily consciousness exploration facilitated by our skilled trainers
- Semi-private accommodations
- 3 delicious home-style meals a day
- Daily yoga classes



- Transportation to and from airport (see details)
- As well as access to walking/hiking trails, complimentary WiFi and massage therapy upon request (additional fee).







**This unique program was specifically developed for  
The Monroe Institute and space is very limited.**

**Immerse yourself in an experience in illuminating your  
light body consciousness unlike any other!**

**I AM READY TO EXPLORE!**

**Shift Your Frequency. Tune Into Your Infinite Self.**



**“You are more than your physical body. Go  
experience for yourself.” ~ Robert Monroe**

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Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Monroe Products.